

Intervention: School-based physical education

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

- | | |
|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input checked="" type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

These interventions include classes that modify curriculum and policies to increase the amount of time that students engage in moderate and vigorous activity while in physical education classes.

Findings from the systematic reviews:

The Guide to Community Preventive Services reports strong evidence for effectiveness for these interventions. The Community Guide is a well respected source of evidence-based practices in public health. With guidance from the Task Force on Community Preventive Services, it summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease for a variety of topics.

References:

[Guide to Community Preventive Services](http://www.thecommunityguide.org/pa/default.htm) - <http://www.thecommunityguide.org/pa/default.htm>